

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 20076, Wheat, durum

Report Date:January 22, 2016 06:18 EST

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor:3.59 Nitrogen to Protein Conversion Factor:5.83

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 192g
Proximates					
Water	g	10.94	31	0.309	21.00
Energy	kcal	339	--	--	651
Energy	kJ	1418	--	--	2723
Protein	g	13.68	28	0.272	26.27
Total lipid (fat)	g	2.47	18	0.066	4.74
Ash	g	1.78	38	0.016	3.42
Carbohydrate, by difference	g	71.13	--	--	136.57
Minerals					
Calcium, Ca	mg	34	37	1.527	65
Iron, Fe	mg	3.52	2	--	6.76
Magnesium, Mg	mg	144	39	3.058	276
Phosphorus, P	mg	508	37	20.742	975
Potassium, K	mg	431	37	10.204	828
Sodium, Na	mg	2	9	0.487	4
Zinc, Zn	mg	4.16	37	0.177	7.99
Copper, Cu	mg	0.553	37	0.041	1.062
Manganese, Mn	mg	3.012	30	0.249	5.783
Selenium, Se	µg	89.4	1	--	171.6
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.419	30	0.013	0.804
Riboflavin	mg	0.121	30	0.003	0.232
Niacin	mg	6.738	30	0.213	12.937

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 192g
Pantothenic acid	mg	0.935	--	--	1.795
Vitamin B-6	mg	0.419	31	0.017	0.804
Folate, total	µg	43	--	--	83
Folic acid	µg	0	--	--	0
Folate, food	µg	43	--	--	83
Folate, DFE	µg	43	--	--	83
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.454	--	--	0.872
14:0	g	0.003	29	--	0.006
16:0	g	0.422	29	--	0.810
18:0	g	0.022	29	--	0.042
Fatty acids, total monounsaturated	g	0.344	--	--	0.660
16:1 undifferentiated	g	0.009	29	--	0.017
18:1 undifferentiated	g	0.335	29	--	0.643
Fatty acids, total polyunsaturated	g	0.978	--	--	1.878
18:2 undifferentiated	g	0.930	29	--	1.786
18:3 undifferentiated	g	0.048	29	--	0.092
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.176	7	--	0.338
Threonine	g	0.366	9	--	0.703
Isoleucine	g	0.533	9	--	1.023
Leucine	g	0.934	9	--	1.793
Lysine	g	0.303	9	--	0.582
Methionine	g	0.221	8	--	0.424
Cystine	g	0.286	7	--	0.549
Phenylalanine	g	0.681	9	--	1.308

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 192g
Tyrosine	g	0.357	8	--	0.685
Valine	g	0.594	9	--	1.140
Arginine	g	0.483	9	--	0.927
Histidine	g	0.322	9	--	0.618
Alanine	g	0.427	9	--	0.820
Aspartic acid	g	0.617	9	--	1.185
Glutamic acid	g	4.743	9	--	9.107
Glycine	g	0.495	9	--	0.950
Proline	g	1.459	9	--	2.801
Serine	g	0.667	9	--	1.281
Other					